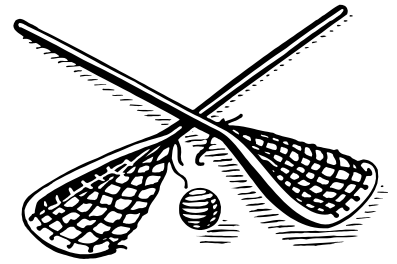
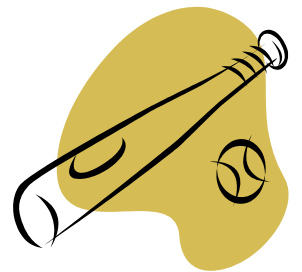


Spring 2013



East Longmeadow Recreation Department  
"FUN HAPPENS HERE"



**EAST LONGMEADOW RECREATION DEPARTMENT**  
**328 NORTH MAIN STREET, EAST LONGMEADOW, MA 01028**  
**PHONE: 413-525-5437**  
**[WWW.EASTLONGMEADOWMA.GOV](http://WWW.EASTLONGMEADOWMA.GOV)**

# East Longmeadow Recreation Department

## INSIDE THIS ISSUE:

### Page #:

**2 - Table of Contents**

**3 - Director's Letter**

**4 - Baseball & Softball Programs**

*In-Town and Travel Deadline: March 8th*

**5 - Soccer Programs**

*Deadlines: Travel February 15th*

*In-Town - March 22nd*

**6 - Lacrosse Programs**

*Deadlines: Boys - Jan. 30th*

*Girls - March 9th*

**7 - Stroke and Turn Clinic - Starts March 4th**

**Competitive Swim Team - Starts May 7th**

**Sport Camps & Clinics**

Indoor Backyard All Stars - Feb 19-21

Preseason Baseball Clinic

**Fitness & Wellness Programs**

*Aerobics, Yoga, & Strength Training*

**8 - Basketball Clinic**

**Summer Employment Opportunities**

**Upcoming Summer Programs**

Pine Knoll Summer Camp

Counselor-In-Training Program

Community Service Program

High School Soccer & Baseball

Sports Clinics

**9 - Springfield Falcons Discount Tickets**

**Red Sox and NY Yankee Bus Trips**

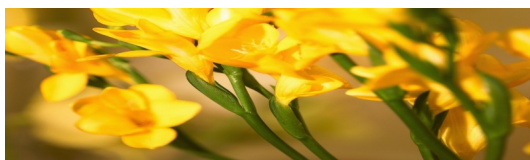
**After School Bowling Program**

**Preschool Program**

**10 - Rec. Dept. Policies & Procedures**

**11 - Medical Profile**

**12 - Registration Form**



All Program Descriptions, Fees, Dates and Times are Subject to Change.  
Additional Program Offerings will be announced in the Local Media.

**328 North Main Street, East Longmeadow, MA 01028**

**Phone: 413-525-5437 Fax: 413-526-9746**

**Hours: Monday - Friday 8am - 4pm**

**Website: [eastlongmeadowma.gov](http://eastlongmeadowma.gov)**

**Email: [recreation@eastlongmeadowma.gov](mailto:recreation@eastlongmeadowma.gov)**

Colin Drury, Recreation Director M. Ed.

Carol Shank, Administrative Assistant

John Evans, Recreation Assistant

John Matte, Clerk

Ray Sturdy, Springfield College Intern

### RECREATION COMMISSION

Tom Kaye, Chair

Nancy Roberts, 1st Vice Chair

Michael O'Neill, 2nd Vice Chair

Richard Paige

Faith Leahy

Carolanne Elmendorf

John O'Heir

Mike O'Shea

## Letter from the Recreation Director

### Director's Message:

Hello East Longmeadow,

It has been a quick first 6 months as your Recreation Director! I have really enjoyed going to work every day and have already began reaching some of the goals that I set. Just after our Fall season began, I presented in front of all of you at the Special Town Meeting the Pine Knoll Pool Project and was able to receive \$450,000 from our Community Preservation Fund. The project is very much underway and by the time you read this we hope to be meeting with the selected designer to focus on features and the schedule for the project.

This Fall we, also were happy to hear from our IT Department that the Town would be designing and implementing a new Website. This new Website is currently live and features a calendar, alert system, news flash system, and more, all of which you can get instant e-mail and text updates from. We are all excited here in the Office because this new site will allow us to give you all better customer service and instant updates. Thanks IT! Make sure you sign up to receive these alerts at [eastlongmeadowma.gov](http://eastlongmeadowma.gov) by clicking Notify Me.

On the near horizon we are working to update our uniforms, equipment, fields, and more. We are also hoping that many of you will join our team and be a coach. Our youth sports can't run without you and we know it. Call us anytime to inquire about coaching or assisting one of our teams.

I'm looking forward to this upcoming season and are looking forward to updating you again in our Summer & Fall Brochure which is printed in late March. Please feel free to contact this Office for any reason and remember that "Fun Happens Here!"

All the Best,

*Colin R. Drury*

### Upcoming News

#### PROJECTS:

**-Pine Knoll Recreation Area-**  
"Pool Renovation"

#### RECREATION NEWS

**-Recreation Commission-**  
3 New Members Needed

**-Friends of Recreation-**  
Seeking dedicated fundraisers

**-Recreation Department Logo-**  
Logo contest coming this Spring

**-Springfield College Intern-**  
Ray Sturdy joins EL Rec.



#### DIRECTOR'S HIGHLIGHTS:

Colin was named the Western Representative for the Massachusetts Recreation and Park Association



Colin also became a chapter director for the National Alliance for Youth Sports



# BASEBALL



Registration begins on **January 7, 2013** and runs to **March 8, 2013**  
**Season begins April 1st**

## INTOWN PROGRAM:

Kindergarten	- \$50	Program # 410401-A	Shetland
1 <sup>st</sup> and 2 <sup>nd</sup> Grade-	\$60	Program # 410401-B	Pinto
3 <sup>rd</sup> and 4 <sup>th</sup> Grade-	\$75	Program # 410401-C	Mustang

## Tri Town League:

3 <sup>rd</sup> & 4 <sup>th</sup> Grade-	\$95	# 410401-G cannot turn 11 before 5/1/13 Mustang in Tri- Town
5 <sup>th</sup> & 6 <sup>th</sup> Grade-	\$100	# 410401-D cannot turn 13 before 5/1/13 Bronco in Tri-Town
7 <sup>th</sup> & 8 <sup>th</sup> Grade-	\$110	# 410401-E cannot turn 15 before 5/1/13 NEYSA or Tri-Town
*9 <sup>th</sup> & 10 <sup>th</sup> Grade-	\$120	# 410401-F cannot turn 17 before 5/1/13 Mickey Mantle League

*\*Players may sign up during this period.*

*There will be a special deadline date for Mickey Mantle after High School tryouts.*



**Evaluation Date: Sat March 16th at the HS Gym (2nd –6th grade)**

Evaluations open to players **NOT** evaluated in the **FALL** and selected call backs.

**Mustang: 3rd & 4th Grade 10:30am-11:30am**

**Bronco: 5 & 6th Grade 11:30am –12:30pm**

All teams will have some travel requirements.

Please wear sneakers to evaluation and bring your glove.

**Each Participant will be required to purchase their own baseball pants and glove.**

# SOFTBALL

Registration begins on **January 7, 2013** and runs to **March 1, 2013**  
**AFTER March 1st A LATE FEE of \$20.00** will be charged.

Please register on time as the number of teams to be entered into the league is determined based on the number of registrations received by March 1st.

**LATE REGISTRANTS MAY NOT BE ABLE TO BE PLACED ON A TEAM**



Grade 1 & 2-	\$60	Program # 410402-F
NEYSA U10-	\$75	Program # 410402-B
NEYSA U12-	\$90	Program # 410402-D
NEYSA U14-	\$100	Program # 410402-E



**Register for age group by D.O.B. effective 1/01/13**

**Each Participant will be required to purchase their own glove.**

All Players will be **placed based on level appropriate to skills and ability** after evaluations.

**Please contact the Recreation Department before 2/15/13 for evaluation date and location.**

## IN-TOWN SPRING SOCCER

**REGISTRATION:** Beginning **January 7, 2013** until **March 22, 2013**

Those registering **AFTER March 22nd** will be  
**CHARGED a \$20.00 LATE FEE.**

**Deadline for ALL registration is April 4, 2013 (FIRM)**

**PROGRAM FEE:** ALL age groups will be **\$55.00**

Program based on the participant's grade in the **Fall of 2012:**

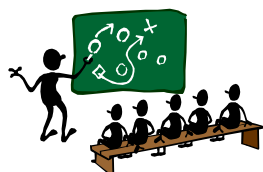
**Kindergarten** CO-ED - 411800 A (This program will run as a Coed program)

**Grades 1 & 2** **Boys** – 411800 B **Girls** – 411800 E

**Grades 3 & 4** **Boys** – 411800 C **Girls** – 411800 F

**Grades 5 & 6** **Boys** – 411800 D **Girls** – 411800 G

Boys and Girls Grades 3-5 will merge if enrollment is insufficient.



### **! Looking for Coaches for all Grade Levels !**

Programs will be played using modified rules.

This will be strictly a **Recreational Program**

**NO PLAYOFFS** will be scheduled.

**UNIFORM INFO:** Fall 2012 Players – **New SHIRT, ONLY** New Players – **Full Uniform Supplied**

*A "Waiting List" will be started after the registration deadline. Acceptance will be based on enrollment and the number of teams.*

## PIONEER VALLEY SOCCER PROGRAM

Registrations begins on **January 7, 2013** and runs till **February 12, 2013**  
for **Grade 3 through Grade 8.**

U/9	<b>Born after 8/1/2003</b>	Boys (411805 A)	Girls (411805 G)
U/10	<b>Born after 8/1/2002</b>	Boys (411805 B)	Girls (411805 H)
U/11	<b>Born after 8/1/2001</b>	Boys (411805 C)	Girls (411805 I)
U/12	<b>Born after 8/1/2000</b>	Boys (411805 D)	Girls (411805 J)
U/13	<b>Born after 8/1/1999</b>	Boys (411805 E)	Girls (411805 K)
U/14	<b>Born after 8/1/1998</b>	Boys (411805 F)	Girls (411805 L)



The Fee for all age groups will be **\$70.00** for those who participated in the **Fall** Program  
**\$100.00** for those who are participating in the **Spring only.**

A **LATE FEE** of **\$20.00** will be charged after **FEBRUARY 12** for both groups.

Please register on time as the number of teams to be entered into the league is determined based on the number of registrations received by Feb 12th.

Players who register late may not have a slot on a team.

A **FULL UNIFORM** is provided for **"New Players"** only. Please provide sizes at registration.

*All NEW PIONEER VALLEY PLAYERS MUST HAVE ONE (1) CURRENT PICTURE,  
And BIRTH CERTIFICATE AT THE TIME OF REGISTRATION. Complete MYSA form.*



# BOYS LACROSSE

Program for youth in **Grades 3<sup>rd</sup> to 8<sup>th</sup>**

Learn unique athletic skills, and building self confidence.



**Increasing degree of aggressive play as the grades advance.**

Registrations accepted in the Recreation Office

***Beginning January 7, 2013***

***Deadline to register will be February 1st***

***A Late Fee of \$20 will be charged after February 1, 2013***

***A "Waiting List" will be started after the registration deadline.***

***Acceptance will be based on enrollment & the number of teams.***

3<sup>rd</sup>/4<sup>th</sup> Grade BANTAM - \$85.00    Program # 411501 A

5<sup>th</sup>/6<sup>th</sup> Grade JUNIOR - \$90.00    Program # 411501 B

7<sup>th</sup>/8<sup>th</sup> Grade SENIOR - \$100.00    Program # 411501 C



Adults interested in Coaching are encouraged to contact the Rec Office

# GIRLS LACROSSE

**2nd, 3rd and 4th Grade (BANTAM) Program Fee: \$75.00    Program # 410403-A**

This is an **Instructional** program to introduce players to the basic skills of catch, throwing, cradling and field movement. The team will play about 6-8 games and 1 or 2 Jamborees. There is no stick checking allowed in Bantam Lacrosse. Players can borrow a Girls Lacrosse stick and goggles, but must provide own mouth guard.

**5th and 6th Grade (JUNIOR)**

**Program Fee: \$80.00    Program # 410403-B**

This is a **Developmental** program, which will teach the basic concepts of the game of Lacrosse. The girls will learn throwing and catching, as well as field positions and the rules of the game. The team will play about 8 Games and 1 Tournament during the season. Players can borrow a Girls Lacrosse stick and goggles, but must provide own mouth guard.

**7th and 8th Grade (SENIOR)**

**Program Fee: \$90.00    Program # 410403-C**

This is a more **Advanced** program designed to prepare the girls for High School lacrosse. The girls will learn offensive and defensive strategies as well as set plays, so practice attendance is a **MUST**. Physical conditioning will also be part of the program. The team will play about 12-14 games and 2 Tournaments. Some local travel is required. ALL players must have a Girls Lacrosse stick, goggles and a mouth guard. Cleats are highly recommended.

**\*Lacrosse Stick, T-Shirt, and Bag are available for purchase at the Rec. Dept. as a set!**

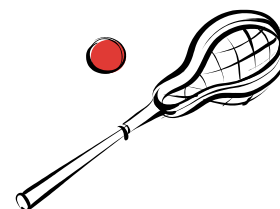
**Registrations begins on January 7, 2013 and run to February 15, 2013**

**Late Fee of \$20.00 after February 15, 2013**

***A "Waiting List" will be started after the registration deadline.***

***Acceptance will be based on enrollment and the number of teams.***

***All Girls will play in their age group based on school grade***



## STROKE & TURN CLINIC

**Marlins Competitive Swim Program** - Six-Week Clinic  
 March 4th—April 12th on Mon, Wed and Fri at 5:00 - 7:30pm

**MUST HAVE BEEN A MARLIN.**

Registration will begin **January 14** is limited to 40 students  
**Residents given first priority.** A wait list for open slots will be taken.

**\$80 Program # 310205 A Location: E.L. High School Pool**



## MARLINS - COMPETITIVE SWIM

This program is offered to boys and girls ages 6 – 18 who want to develop their swimming skills, be part of a team and make new friends. Swimmers get in excellent physical condition as they learn and improve the four competitive swimming strokes.

Swimmers **must be able to complete 25 yards freestyle** to participate in the program.

Practices are held Monday through Friday. Swim Meets are usually held during the week beginning in late June. The season starts with practices on Tuesday, May 7, 2013 and ends with the Championships end of July. Coaches will determine the best practice schedule for your child.

Program # 110206-A **PROGRAM FEE: \$120.00 resident swimmer and \$150 nonresident swimmer**  
**13 week session held during May, June, and July**

There is a reduced price of \$60 for E.L. High School swimmers who are also participating in a High School Spring sport.

## SPORT CAMPS & CLINICS



**Indoor Backyard All Stars Ages: 5-10 Coach: Dan Donovan**

**Feb. 19 - 21 9am – 1pm Location: BPMS Fee: \$100 Program # 111810-C**

This is an indoor version of the Backyard All Stars Summer program. Activities will include Wiffle Ball, Blast Ball, Indoor Soccer, Basketball, Floor hockey, Dodge Ball, Free the Friz, Pirate Tag, Touch Football and Much More!!!

**Pre-Season Baseball Clinic Ages: 5-10 Coach: Dan Donovan**

**Feb. 27th, March 6, 13, 27 & 30 5:30 - 7:30pm Location: BPMS Fee: \$100**

**Program# 110500-A** An **Introductory Clinic** for children to work on their throwing, holding a bat, swinging, hitting, catching and fielding before the season begins.

## FITNESS / WELLNESS PROGRAMS

Open to 16 yrs of age and Older. Cost for each (8 -10) week program will be:

**\$35.00 resident.** Additional \$15 nonresident fee.

Senior Discount: \$5 for 60 and up. All programs are currently held at Pleasant View

### Aerobics

Monday and Wednesday 6:00 to 7:00 p.m. (#220101 - D)

Tuesday and Thursday 4:50 to 5:55 p.m. or 6:00 to 7:00pm (#220103) (#220102)

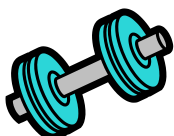
### Yoga

Monday 7:00 - 8:00 pm (# 210400 - D)

### Strength Training

Wednesday 4:50 - 5:55 pm (#220100 - G)

\*There **MUST** be a Minimum of 10 participants per class



## BASKETBALL CLINIC

Basketball Hall of Fame Clinic

February 16, 2013

East Longmeadow High School

3-9th Graders—1:00p.m.—5:00p.m. \$20 - 600000 - A

*Skill Challenges, Hot Shot Challenges and More!!!*



## RECREATION DEPARTMENT SUMMER EMPLOYMENT OPPORTUNITIES

**At Pine Knoll Day Program:** Assistant Dir., Nature Coordinator, CIT Coordinator, Counselors Art & Crafts Coordinator and Lifeguards. Positions June -August, CORI required.

**Swim Lessons Instructor** for two programs March -May Tuesday/Thursday evenings and June -August Mon - Fri daytimes. WSI, CPR and CORI required

**Activity Instructors:** Individuals willing to teach a skill or program are invited to contact the Rec. Office to see if we can bring a new program to EL residents.

## UPCOMING SUMMER PROGRAMS

### Pine Knoll Day Program

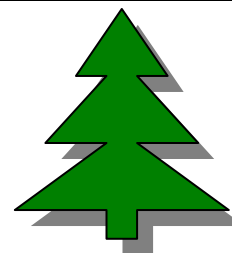
Located off Allen Street in Springfield this wooded site with open fields is full of fun and adventure for children ages 4 - 16. Pine Knoll has been in operation as a Day program for 15 years and has loyal attendance by children and staff.

**Adventure Kids Program** Serves children 4 - 6 years of age with full and half day programs. Activities include swimming, games, arts & crafts and nature activities.

**Activity Center** Offers programming for children 6 - 14 years of age, grouped with peers and lead by dynamic college aged leaders. Weekly Themes and Special Events are scheduled throughout the summer. Activities include swimming, games, arts & crafts, nature activities and team challenges.

**Counselor- In-Training** is a leadership development program for youth ages 13 and 14. This program is designed to provide hands on learning, combined with educational information. Topics taught will include first aid procedures, effective discipline techniques, enhancing individual leadership styles, planning activities and creating positive work relationships.

**Community Service Program:** East Longmeadow High School Students can apply to earn community service hours as program volunteers.



## OTHER SUMMER OFFERINGS

**Instructional Tennis Program** offers lessons for a week at a time at the High School Courts.

**Summer Week Long Sport Clinics** are offered during the course of the summer at the E.L. High School. Sports include, Lacrosse, Football, Soccer, Baseball, and Basketball.

**Mad Science Courses:** NASA & 1-2-3 Blast Off - full day & Secret Agent Lab - James Bond

**High School Aged Sport Teams:**

The East Longmeadow Recreation Department will be offering two High School Sports this summer— High School Baseball, and High School Soccer for both boys and girls.

**Please watch for the full Summer Program Flyer which will be available in March.**



## SPRINGFIELD FALCONS ICE HOCKEY DISCOUNT TICKETS

The East Longmeadow Recreation Department and the Springfield Falcons are pleased to announce the sale of Discount Tickets at the Recreation Department Office. We currently have ticket vouchers for the Great low price of \$16.00, with \$1.25 returned to the Recreation Department for Youth Activities. All ticket vouchers may be used for Home games during the 2012-2013 season.

GO FALCONS!!!

\*Schedules are available at the Rec. Dept. office



## BOSTON RED SOX AND NEW YORK YANKEE TICKETS AND BUS TRIPS

On Sale beginning January 7, 2013 in the Recreation Office



Thursday, June 27th - Toronto Blue Jays at Boston Red Sox -	\$95.00
Thursday, July 25th - Tampa Bay Rays at Boston Red Sox -	\$95.00
Saturday, August 10th - Detroit Tigers at NY Yankees -	\$95.00
Saturday, September 7th - Boston Red Sox at NY Yankees -	\$99.00

\*All Trips include Box Lunch, Soft Drinks, and PG Movies  
For Further Information, Call Frank at 413-531-6954 or  
the Recreation Department at 413-525-5437



## SHAKER BOWL AFTER SCHOOL BOWLING PROGRAM

Students enrolled at: Mountain View and Mapleshade Schools

10 week bowling program on Mondays

Beginning Jan 28th – April 8th from 2:45-5:00pm

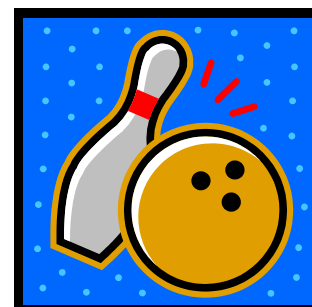
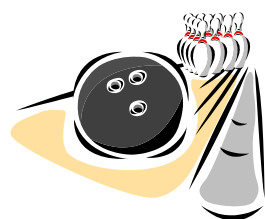
Parents pick up children at Bowling Center at end of the Session

**Cost: \$11 per week. Includes:** 1.5 hrs of bowling, shoe rental  
One-way bus transportation from School to Shaker Bowl  
Free party at the end of the program

Payments can be made weekly or in advance.

**Late registrations are accepted at Shaker Bowl**

(No Session February 18th)



## PRE-SCHOOL PROGRAMS

**Pee-Wee Sports: When:** Monday's, January 14 - March 4 10AM - 11AM **Where:** Little Red Schoolhouse

**Children Ages 2-4 (Must have a minimum of 5 children registered)**

Expose your little one to all the excitement of baseball, basketball, soccer, tennis and much more. Each week will focus on one sport and an age appropriate set of skills. Kids will practice throwing, catching, kicking, and other essential motor skills. Children will improve eye-hand coordination and gain confidence each week!



## REFUND POLICY

Full Refunds are granted only if the program is canceled, the participant did not make the team based on try-outs or if the participant withdraws before the program begins, with the exception of selected travel team slots. There will be a service charge of \$5.00 for participants that withdraw after the first quarter of a program. Requests to withdraw later will result in a pro-rated refund. No Refunds are granted once a program is closed.

## RECREATION DEPARTMENT POLICIES

The Town of East Longmeadow does not carry Insurance to cover the cost of hospitalization and/or medical costs of persons injured during the course of participation or when attending an event as a spectator.

All participants are required to have signed waiver of liability statements on file with the Recreation Department as a condition of participation. The Waiver of Liability statement is printed on the registration form.

All spectators attend sporting events do so at their own risk.

### USE OF SPORT FIELDS

Town fields are available for recreational use by residents any time they are not permitted for organized sport or league play. Please contact the Recreation Department in order to permit a field for any scheduled sport activity. The Field Scheduling fee is \$10-30 per game or practice. The Heritage Park Pavilion can be reserved by contacting the DPW directly 413-525-5400.

### ROSTER REQUEST POLICY

The Recreation Department realizes that many Roster Requests are for good reason, but roster requests can become difficult to accommodate. The Sport Association will make sound decisions on all roster requests with the program's success in mind. We hope that parents realize that not all requests can be met. It is understood that a child's placement on a team can affect a parent's decision to allow their child to participate. If your request was not accommodated and you have an issue, please contact the Recreation Department, rather than the Volunteer Coordinator or Coach to express your frustration. Feel Free to Contact us: Phone: 413-525-5437 or via email at [recreation@eastlongmeadowma.gov](mailto:recreation@eastlongmeadowma.gov)

### PHOTO AND INTERNET POLICY

The Recreation Department reserves the right to photograph and film program participants for publicity purposes. Images or videos may be used for program flyers, newsprint, town website or social media. The participant or the participant's family will not receive any compensation for any use of the photographs, videos or images which may be taken by the Department. If for any reason you do not want photographs or videos to be taken of yourself or your child, please notify the Recreation Director or Program Instructor/Coordinator. However, parents and guests are asked not to photograph or film program participants without their knowledge and consent. If you are taking pictures or videos of your child to post on a social media, websites or other public postings online, please avoid capturing identifiable images of other children. Please do not post photos of other people's children online without their parent's consent.

## HOW TO REGISTER FOR E.L. REC. PROGRAMS

**Registration** for programs can be completed **In Person** at the Recreation Department, 328 North Main St Children under 18 must have the Registration Form signed by their parent or guardian as it includes a liability waiver. However, **Mail-In Registration** saves time waiting in line. **(Mail in form on Page 12)**

**On-Line Registration** is also available at [www.eastlongmeadowma.gov](http://www.eastlongmeadowma.gov) on the Rec. Dept. page

### Registration and Medical Forms are available 3 ways:

1. At [www.eastlongmeadowma.gov](http://www.eastlongmeadowma.gov) under Town Departments then Recreation.  
Call office for ID# and Password
2. Pick up at the Recreation Department Office 8 a.m. - 4 p.m. Monday - Friday. Excluding Holidays.
3. After hours forms can be picked up outside the Office Door in the Pleasant View Building when the building is open.

### Please follow the following steps for Mail-In Registration:

1. Fill out the **Application Form** completely. Multiple children and programs can be listed on the same form. Fill-in the appropriate fees and total all fees at the bottom of the form.
2. **Medical Form** must be completed on all new participants and should be updated periodically. Birth Certificates must be on file.
3. **Make checks payable to:** "Town of East Longmeadow"
4. **Mail registrations to:** East Longmeadow Recreation Department  
328 North Main Street  
East Longmeadow, MA 01028
5. You will receive a confirmation receipt in your e-mail, once the registration is processed into the computer.